

SMART KIDS! SAFE KIDS!



INJURY PREVENTION FUN

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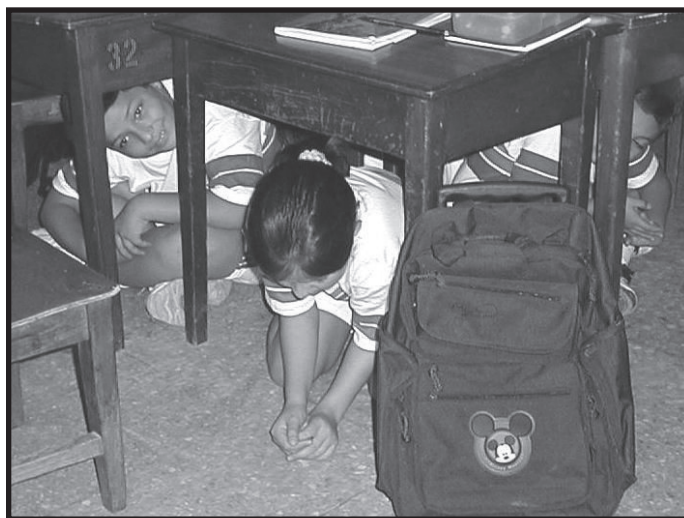
TEACHING PRESCHOOLERS HOW TO BE "QUAKE SAFE"

Washington State has the third highest threat of earthquake in the United States after Alaska and California. Although earthquakes are not predictable, the consequences of an earthquake are predictable and can be prepared for in advance of the event.

knees and tucking their face between their arms. Instruct them to close their eyes and mouth during the shaking and to stay there until a grown-up tells them to come out. Kids following this procedure are less likely to see damage happening. This helps them psychologically and

emotionally recover better and faster. They also stay quiet so they can hear the teacher talk to them during the shaking. They are curled up in a small "package" so that several kids can fit under a standard table.

Kids are not the only audience for this lesson. Teachers, parents and aides also need to know that they need to take a "quake safe action" even faster than the kids. Who will take care of the children if the adults get hurt? Adults should



The two biggest dangers in an earthquake are things that can break and things that can fall. The best way to be safe in an earthquake is to DROP, COVER & HOLD under a desk, table or counter. This protects you from things that can break or fall around you during the shaking.

Teaching kids at a young age how to be safe in an earthquake is a good idea. Teach kids to react quickly to the words "Drop, it's an earthquake" by getting under a table, holding on with both hands, curling up in a little ball on their

get under a desk, table or counter or sit with their back against an inside wall. From their safe location, they can give directions to the kids. If a kid does not follow directions, have the adult call the child to them.

On the other side of this page there is a lesson about the puppet Tina the Turtle and how she can help teach preschoolers how to be safe in an earthquake. You can purchase a turtle puppet or make your own from a sock and a paper plate. It is fun and your turtle can become the mascot of the earthquake drill! Have fun!

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LESSON PLAN

TINA TURTLE LESSON PLAN

MATERIALS

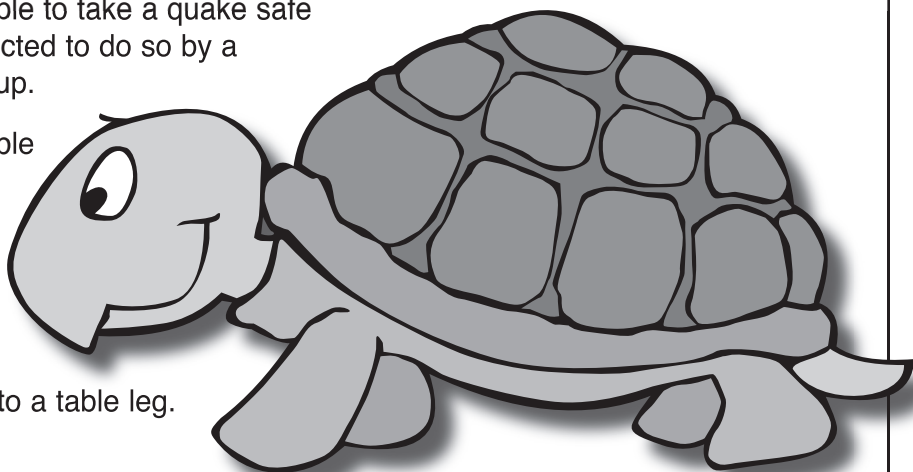
- Turtle puppet
- Tables, desks or chairs

PURPOSE

To learn what an earthquake is and how to be safe in an earthquake.

OBJECTIVES:

- Students will be able to take a quake safe action when instructed to do so by a teacher or grown-up.
- Students will be able to demonstrate a “quake-safe” behavior, under a desk or table, with eyes closed, mouth closed and hands holding on to a table leg.



PROCEDURE:

INTRODUCTION

Students sit on the floor around the “story chair” while the teacher, with Tina the Turtle, explains that earthquakes are when the ground shakes and moves. Earthquakes can be scary and things may break and fall when the ground shakes. Earthquakes can happen at any time and we need to know how to be safe.

ACTIVITY

The teacher asks the students “If we were turtles like Tina, we would have a shell to protect us. Since we aren’t turtles, we need to find something like a shell to protect us. Would a table protect us?” Show how a table can be like a shell for the students.

The teacher demonstrates the proper steps for getting under a table, holding on to the table legs with both hands, putting his/her face between their arms, closing their eyes and mouth and staying there until told it is safe to come out by a grown-up. After the teacher demonstrates, ask a couple of students to demonstrate. Then have all the children practice this **DROP, COVER & HOLD** procedure.

Have the students come back to the circle and praise them for their effort. Fix any problems you saw during the drill.

Note: If you would like a copy of the detailed turtle lesson plan, contact JoAnn Jordan at joann.jordan@seattle.gov